



April 5, 2010

Vol. VI, Issue 4

## ***IMPORTANT: Worksite Wellness Awards Applications DUE THIS WEEK***

Applications for the 2009 Worksite Wellness Awards are online right now and **due this Friday, April 9th** so [click here](#) to submit your company or organization's proven program. The application has been expanded to include criteria from the Wellness Council of America (WELCOA) and will be scored in the same three size categories; 1-249 employees, 250-999 and 1000+. Awards will be presented by Mayor Abramson at the Healthy Hometown Worksite Wellness Conference on June 1st (see below).

## ***Worksite Wellness Conference Scheduled for June***

The third in a series of Worksite Wellness Conferences presented by the Healthy Hometown Worksite Wellness committee will be held on Tuesday, June 1<sup>st</sup>, at the Baptist Hospital East Conference Center. Mayor Abramson will present the 2009 Healthy Hometown Worksite Wellness Awards and we will introduce a special guest, an exciting "newcomer" to our community! The morning program includes presentations by industry professionals, informational booths and opportunities for Q&A. Sponsors for the morning event include Neace-Lukens, Baptist Health@Work SHPS, and BB&T. If you would like to participate as a sponsor or host a booth, please contact [megan.lafollette@louisvilleky.gov](mailto:megan.lafollette@louisvilleky.gov).

## ***IF AT FIRST YOU DON'T SUCCEED. . .Healthy Hometown Advisory Council Meeting to be Rescheduled***

We are sorry that we were unable to host our regularly scheduled Mayor's Healthy Hometown Advisory Council Meeting yet again. As you may remember, we had to cancel our January meeting due to weather and we postponed last week's meeting due to a visit from Health & Human Services Secretary Kathleen Sebellius who was here to champion the fact that we just received a \$7.9 million Community Obesity Prevention grant due in no small part to the work of the Mayor's Healthy Hometown Movement. Good News!! We will announce our reschedule date soon and look forward to seeing everyone together again. As planned, Mayor Abramson will present our 2009 Leadership Awards to those volunteers who really stepped up last year. Dr. Troutman will review what is already turning out to be a very exciting and successful year for our Healthy Hometown. We will provide details soon.

## ***Mayor Launches "Lose it, Louisville!" The 100,000 lb Community Challenge***

Lose the pounds and gain the pride for our healthy hometown! Join Mayor Abramson this Spring! Our goal is for the Louisville community to lose a total of 100,000 lbs by Labor Day. You can track your weight loss every day, win prizes and we can all celebrate our successes as a community! Register at [www.LoseItLouisville.com](http://www.LoseItLouisville.com) today! Special thanks to the Kentuckiana Health Alliance for partnering with us on this challenge.

## ***Healthy Hometown has a new website***

In case you haven't checked it out yet, visit [www.louisvilleky.gov/healthyhometown](http://www.louisvilleky.gov/healthyhometown) to see our website's new look. It's designed for our partners to make it easier to navigate and find the resources you're looking for. Let us know what you think!

### ***Apply for Mini-Grants***

Healthy Hometown Mini-grants are back! Applications are online at [www.louisvilleky.gov/healthyhometown](http://www.louisvilleky.gov/healthyhometown) and the deadline is April 16<sup>th</sup>. Last year, \$50,000 was distributed to 19 community groups in grants of \$500 to \$3,000 for grassroots physical activity and nutrition programming. Since 2005, the Healthy Hometown Mini-grant program has presented more than \$300,000 to as many as 75 deserving groups. Be sure you are one of them for 2010!

### ***New 4<sup>th</sup> Street Mayor's Mile Launched***

With the help of the American Heart Association and Kindred Healthcare, the Healthy Hometown added a new Mayor's Mile to downtown Louisville. The Mile, which runs along 4<sup>th</sup> Street from Broadway north to Jefferson Street and back to Broadway, was introduced as part of the Heart Association's START! Walking program and is co-sponsored by Kindred as part of its worksite wellness activities.

Mayor's Miles are a distance marking program designed to encourage walking throughout the city. Mayor's Miles are located at Waterfront Park, which provides both a 1-mile and 2-mile walking option, Spalding University Campus, the Frankfort Avenue Reservoir, the University of Louisville Hospital Campus and the 4<sup>th</sup> Street Pedway from the Galt House to 4<sup>th</sup> Street Live! Mayor's Miles are also in selected Metro Parks. Mayor's Miles are sponsored by the Louisville Water Company. For more information about how you can get a Mayor's Mile for your business, neighborhood or school, contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov).

***Upcoming Mayor's Healthy Hometown Movement Committee Meetings:*** All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

<b>Food In Neighborhoods</b>	<b>Monday, April 5</b>	<b>5:30 pm</b>	<b>Downtown YMCA</b>
<b>Schools</b>	<b>Thursday, April 15</b>	<b>10am</b>	<b>Gheens Academy</b>
<b>Worksite Wellness</b>	<b>Thursday, April 15</b>	<b>8am</b>	<b>Baptist East Milestone</b>
<b>Step Up, Louisville!</b>	<b>Tuesday, April 13</b>	<b>10 am</b>	<b>TBA</b>

Contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) to RSVP or for more information.

### ***Healthy Hometown Partner News:***

#### ***It's National Public Health Week!***

Today marks the beginning of National Public Health Week (NPHW) 2010, and you can help make it a success! Join the American Public Health Association and its 50,000 members, friends and partners in championing public health by making healthy changes — big and small — in your family, neighborhood, workplace and school. The only way to become a healthier nation is to create healthier communities. This year's theme for NPHW is "A Healthier America: One Community at a Time." [Click here](#) to watch a short video and find out what you can do to make your community healthy.

#### ***Walking Wednesdays at the Reservoir***

Ever wondered how Louisville Water Company makes all that great-tasting drinking water? Come with family, friends and fitness colleagues to tour the Historic Gatehouse at the Crescent Hill Reservoir – the city's favorite

walking path! Enjoy a brisk walk in the Reservoir's scenic setting and learn more about how "Water Works". The reservoir also happens to be a Mayor's Mile!

Tours are free and will begin Wednesday April 1 and continue each Wednesday through September 30, 2010 between 10:00 am -11:30 pm & 6:00 – 7:30 pm. Due to safety concerns tours are limited to adults and children 8 years old and up and lightning will cancel all tours. Have an organization interested in scheduling a tour? Call 569-3600 x. 2151 or email [mbutler@lwcky.com](mailto:mbutler@lwcky.com) for reservations.

### ***May is Bike to Work Month! / Friday, May 21<sup>st</sup> is Bike to Work Day!***

If you've ever met someone who rides their bike to work, chances are two things happened. First, they talked your ear off about how great it is to get exercise, reduce pollution and have a lot of fun getting to work. And second, they probably tried to talk you into trying it, too. Now's your chance! Metro Government's bike program [Bike Louisville](#), and [Bicycling for Louisville](#) are making it easy to learn bike commuting in May during Bike to Work Month. This year they are featuring training rides for beginning riders, bike safety classes, corporate challenges and a fun Bike to Work Day Celebration on Friday, May 21 at 4<sup>th</sup> Street Live! Mark your calendar and check the [Bike Louisville website](#) for more information coming up soon or [ask us a question!](#) And if you need a safe route to bike now, check out our cool online bike route mapping tool called [RidetheCity](#). This is YOUR year to try biking to work!

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The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

**To submit information** for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to [smlcomm@att.net](mailto:smlcomm@att.net). Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Department of Public Health & Wellness. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at [mary.bradley@louisvilleky.gov](mailto:mary.bradley@louisvilleky.gov).